

SALMON & COUSCOUS SALAD



SALMON & COUSCOUS SALAD



Serves: 2
Prep: 10 mins
Cook: 12 mins



Nutrition per
serving:
516 kcal
29g Fats
29g Carbs
36g Protein



WHAT YOU NEED

For the salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- sea salt and pepper

For the salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- ½ red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- ½ tsp. maple syrup or honey (optional)
- sea salt and pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 400° F (200° C). Rub the salmon with olive oil and season with salt and pepper.

Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients.

Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.

Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



**POST-WORKOUT POTATO
PANCAKES WITH
COTTAGE CHEESE**

POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
502 kcal
20g Fats
56g Carbs
28g Protein



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WHAT YOU NEED

For the pancakes:

- $\frac{5}{8}$ cup (140g) potatoes, peeled and grated
- $\frac{1}{4}$ cup (50g) zucchini, grated
- 1 egg
- $\frac{1}{2}$ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

For the topping:

- $\frac{1}{5}$ cup (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- $\frac{1}{2}$ shallot, chopped

WHAT YOU NEED TO DO

Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined to make the pancake batter.

Heat up a non-stick frying pan and fry small pancakes for 3 minutes, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.

MISO SALMON WITH ZUCCHINI NOODLES



MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
496 kcal
30g Fats
27g Carbs
29g Protein



GF DF



WHAT YOU NEED

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

WHAT YOU NEED TO DO

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.

Preheat oven to 350° F (180° C).

Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

MOROCCAN COD & BULGUR SALAD



MOROCCAN COD & BULGUR SALAD



Serves: 2
Prep: 5 + 30 mins
Cook: 15-25 mins



Nutrition per
serving:
447 kcal
18g Fats
42g Carbs
34g Protein



DF

HP



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WHAT YOU NEED

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- ¼ onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

WHAT YOU NEED TO DO

Drizzle the cod fillets with lemon juice, then season with salt & pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinade.

Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.

Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.

Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.

TURKEY & BROCCOLI STIR FRY



store washed
pure linen.

TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
494 kcal
16g Fats
56g Carbs
42g Protein



WHAT YOU NEED

- 3.5 oz. (100g) black rice noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



**BAKED SALMON WITH
ZOODLES & QUINOA**

BAKED SALMON WITH ZOODLES & QUINOA



Serves: 2
Prep: 10+1h chill
Cook: 15 mins



Nutrition per
serving:
487 kcal
28g Fats
19g Carbs
38g Protein



WHAT YOU NEED

- 2 salmon fillets (4.4 oz. /125g each)
- 3.5 oz. (100g) quinoa, cooked
- 1 zucchini
- ½ tbsp. olive oil
- 1 garlic clove, crushed
- 2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon marinade:

- 2 tbsp. tamari
- ½ tbsp. olive oil
- ½ tsp. sweet paprika
- ½ tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp. honey
- 1 tbsp. black sesame seeds
- chili flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480° F (250° C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.

Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.

CHICKEN THIGHS WITH HOISIN RICE



CHICKEN THIGHS WITH HOISIN RICE



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
336 kcal
15g Fats
16g Carbs
29g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Preheat the oven to 375° F (190° C).

In a large pan, heat the coconut oil.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.

Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.



**CHINESE PORK STIR-FRY
WITH PINEAPPLE**

CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
303 kcal
11g Fats
22g Carbs
28g Protein



WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- ⅔ cup (135ml) pineapple chunks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- ⅓ cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, pat dry, and cut them into the thinnest slices possible. Season with salt and pepper, and coat with potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and the spring onions julienned. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto a plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens. Mix occasionally.

Sprinkle with chopped spring onions and serve with rice.

SLOW COOKER CHICKEN FAJITAS



SLOW COOKER CHICKEN FAJITAS



Serves: 8
Prep: 10 mins
Cook: 3-4hrs



Nutrition per
serving:
183 kcal
3g Fats
12g Carbs
28g Protein



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WHAT YOU NEED

- 2 lbs. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooker. Mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, cream, guacamole, coriander



**CREAMY CHICKEN,
MUSHROOM & TOMATO PASTA**

CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Serves: 3
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
385 kcal
14g Fats
26g Carbs
35g Protein



DF

MP



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WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging.

Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.



CAJUN BEEF & VEG RICE

CAJUN BEEF & VEG RICE



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
503 kcal
13g Fats
55g Carbs
40g Protein



GF

DF

MP



WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.

Sprinkle with the green parts of the spring onions and serve.



CHINESE STYLE SHRIMPS & VEG

CHINESE STYLE SHRIMPS & VEG



Serves: 3
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
436 kcal
11g Fats
63g Carbs
22g Protein



GF

DF

MP

HP



WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- a pinch of chili flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- ⅔ cup (160ml) water
- 1 tbsp. coconut palm sugar

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan) heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chili.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with cooked rice.



**ZESTY TURKEY MEATBALLS
WITH COUSCOUS SALAD**

ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Serves: 4
Prep: 20 mins
Cook: 30 mins



Nutrition per
serving:
429 kcal
8g Fats
52g Carbs
42g Protein



MP HP



WHAT YOU NEED

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yogurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp.
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

WHAT YOU NEED TO DO

Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chilies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yogurt.

HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



Serves: 4
Prep: 5 + 1hr
Cook: 35 mins



Nutrition per
serving:
643 kcal
24g Fats
68g Carbs
35g Protein



WHAT YOU NEED

- 1.3 lb. (600g) salmon, 4 fillets

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple rice:

- $\frac{2}{3}$ cup (150g) rice
- $\frac{3}{4}$ cup (200g) sweetcorn
- 1 $\frac{1}{4}$ cups (250g) pineapple, chopped
- 1 $\frac{1}{3}$ cup (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- $\frac{1}{2}$ cup coriander leaves (or mint)

WHAT YOU NEED TO DO

Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.

Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.

Cook the rice in lightly salted water, then spread on a large plate to cool.

Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

Preheat the oven to 410° F (210° C). Bake the marinated salmon for 18 minutes, until cooked throughout.

Serve salmon with the prepared pineapple rice.

A top-down view of a white ceramic plate with a speckled pattern, filled with a simple chicken curry and saffron rice. The rice is a vibrant yellow, and the chicken is coated in a rich, orange-red sauce. Fresh green cilantro leaves are scattered on top. A silver fork is placed horizontally across the bottom of the plate. The background is a white marble surface with grey veining.

**SIMPLE CHICKEN CURRY
WITH SAFFRON RICE**

SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Serves: 4
Prep: 10-15 mins
Cook: 30-45 mins



Nutrition per
serving:
531 kcal
22g Fats
47g Carbs
36g Protein



WHAT YOU NEED

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- ¼ cup (60ml) boiling water
- pinch saffron threads (roughly ⅛ tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- ½ tsp. onion powder
- ¼ tsp. salt
- 1 ¾ cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.

In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.



**ONE POT TURKEY
CHILI WITH RICE**

ONE POT TURKEY CHILI WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
295 kcal
9g Fats
21g Carbs
31g Protein



WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- ½ cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- ½ can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- ⅓ cup (60g) red kidney beans, drained
- ⅓ cup (85g) sweet corn, drained
- ⅓ cup (30g) grated cheese (optional)

Spices:

- 1 tsp. dried oregano
- 1 tsp. cumin
- 1 tsp. sweet pepper
- ½ tsp. hot pepper
- ½ tsp. salt
- ⅓ tsp. ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: *cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.*

A top-down view of a glass baking tray filled with a meal. The tray contains several pieces of baked salmon fillets, each topped with a slice of lemon. The salmon is served over a bed of white rice. Interspersed among the salmon and rice are several cherry tomatoes and fresh basil leaves. The tray is placed on a light-colored wooden surface with a brown and white checkered napkin underneath. A semi-transparent white text box is overlaid in the center of the image.

**BAKED SALMON TRAY
WITH RICE & TOMATOES**

BAKED SALMON TRAY WITH RICE & TOMATOES



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per
serving:
476 kcal
19g Fats
44g Carbs
31g Protein



GF MP
HP



WHAT YOU NEED

- 14 oz. (400g) salmon fillet, skin removed
- 1 tsp. honey
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- ⅞ cup (200g) jasmine rice
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

Spices:

- 2 tsp. paprika
- ½ tsp. curry
- 1 tsp. oregano
- pinch of chili flakes

WHAT YOU NEED TO DO

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.

Preheat oven to 400° F (200° C).

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yogurt.



MEXICAN FRIED RICE

MEXICAN FRIED RICE



Serves: 4
Prep: 10 mins
Cook: 25-30 mins



Nutrition per
serving:
360 kcal
16g Fats
32g Carbs
24g Protein



WHAT YOU NEED

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- ½ red onion, chopped
- 1 red pepper, diced
- ¾ cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chili, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. chili flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, then mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.



**BEEF & GREEN BEANS
PASTA IN SOY SAUCE**

BEEF & GREEN BEANS PASTA IN SOY SAUCE



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
491 kcal
12g Fats
53g Carbs
44g Protein



WHAT YOU NEED

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Cut the beef into thin slices.

Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.

Heat the oil in a large pan over medium-high heat and cook the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.

Add the garlic and spring onions to the same pan and cook for about 3 minutes, until spring onions start to soften.

Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta. Stir occasionally for about 2 minutes.

A top-down view of a white ceramic bowl with a colorful polka-dot pattern around the rim. The bowl is filled with a stir-fry dish. On the left side, there is a portion of fluffy white rice. The rest of the bowl is filled with stir-fried chicken strips, sliced mango, and red bell peppers. The entire dish is garnished with fresh green dill. The bowl sits on a light-colored wooden surface. To the right, a silver fork is partially visible, resting on a brown fabric napkin.

**CHICKEN & MANGO
STIR FRY**

CHICKEN & MANGO STIR FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
308 kcal
9g Fats
31g Carbs
29g Protein



WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat with flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.

Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.

Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.

Serve with rice (not included in nutrition information per serving).